

## ABSTRACT

An optical disc on which information can be recorded by recording light has a first recording layer (102) and a second recording layer (103) disposed behind the first recording layer as viewed by the recording light; the first recording layer and the second recording layer have respective power adjustment areas (P1, P2) that are used to adjust the power of the recording light to the optimal recording power at the time of recording of information on each recording layer; a prewrite area (PW) is provided in correspondence to the power adjustment area (P2) used for optimal power adjustment in the second recording layer and restricted areas (A1, A2) on both sides of that power adjustment area (P2). The restricted areas (A1, A2) allow for the diameter of the recording light beam and for lamination misalignment. This configuration enables stable test recording to be carried out in a short time on an optical disc having multiple recording layers.